

*Lord, Make Me An Instrument  
of Thy Peace*

A prayer of Saint Francis of Assisi

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Lord, make me an instrument of Thy  
peace.

Where there is hatred, let me sow love;  
Where there is injury, pardon;  
Where there is doubt, faith;  
Where there is despair, hope;  
Where there are shadows, light;  
Where there is sadness, joy;  
Where there is discord, harmony;  
Where there is error, truth.

O Divine Master, grant that I may not  
seek to be consoled, but to console;  
To be understood, but to understand;  
To be loved, but to love;  
For it is in giving that we receive;  
It is in pardoning that we are pardoned  
And it is only by doing Thy will  
that we are worthy of eternal life.

2003.14.31

## JUST FOR TODAY

Just for today I will try to live through this day only, not to tackle my whole life problem at once. I can do things for twelve hours that would appall me if I had to keep them up for a lifetime.

Just for today I will be happy. This assumes that what Abraham Lincoln said is true, that "most folks are about as happy as they make up their minds to be."

Just for today I will strive to adjust myself to what is, and not try to adjust myself to my desires.

Just for today I will take care of my body. I will exercise it; care for it; nourish it, not abuse it or neglect it, so it will be a perfect machine to do by bidding.

Just for today I will try to strengthen my mind. I will learn something useful. I will not be a mental loafer.

Just for today I will exercise my soul in three ways: I will do somebody a good turn and not get found out. I will do at least two things I don't want to do.

Just for today I will be agreeable. I will look as well as I can, dress as becomingly as possible, talk low, act courteously, be liberal with praise, criticize not at all, not find fault with anything.

Just for today I will have a program. I will write down what I expect to do every hour. I may not follow it exactly but I will have it. It will eliminate two pests, hurry and indecision.

Just for today I will have a quiet half hour all by myself and relax. In this half-hour sometimes I will think of God, so as to get a little more perspective for my life.

Just for today I will be unafraid, especially I will not be afraid to be happy, to enjoy what is beautiful, to love, and to believe that all those I love, love me.